



Mount Helena

The Free Spirit

May 2010

UU Happenings This Month...

May 2nd Service – Potluck Sunday
“Flower Communion” (please bring a flower)
Led by Becky Warren
& **First Ever Maypole Dance**

May 6th Men’s Night, 6:00 pm
Contact Jeff Palmer, 422-5887

May 9th Service – Sunday
& **Mothers Day**
“Growing up UU”
Led by Ellie Warren

May 10th - Knitting for Peace, 7-9pm,
Contact Ruth Luke at 461-7435

May 15th UU Garage Sale
North Field of Plymouth Church, 8am

May 16th Service – Sunday
“Religion, Art, and Ritual”
Led by Albert Niccolucci

May 23rd Service – Sunday
Led by Nisan Burbridge
& **Circle Dinners of Eight**

May 24th - Knitting for Peace, 7-9pm,
Contact Ruth Luke at 461-7435

May 27th - bUUk cUUb, 7-9pm,
Contact Ruth Piccone at 459-5740

May 30th Service – Sunday
“What is God?”
Led by Virginia Niccolucci & Donna Davis

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**August 29<sup>th</sup> Service – Sunday**  
*Begin 2010 Fall Services*



## May Celebration Dance

We will be doing our first UU Maypole dance on May 2<sup>nd</sup> following the service, rain or shine. It will take place on the lot north of the Plymouth Church. There will be music, bright ribbons, and a fun dance around the pole. It will be a good day to wear a garland.

## From the Editor

For many years I worked for good causes beginning with the Equal Rights Amendment. As NOW President I lobbied for Unisex Insurance and I have been an active Democrat for years (now precinct #52 committee person). Over 30 years (the kids) and I have gone to many of my husband’s union events, including picket lines. After many years of struggling for the good cause, my bright spirit just burned-out. I needed a rest, some fun, so I found women’s ritual and eventually earth-centered ceremony.



Today, I try to give your bright spirit some renewal too, through fun. I really loved having the adults as my kids during “the lesson for all ages” last Sunday. We all need a chance to act light - hearted. Thank you for joining me to do so.

Jan Ellen Siemers

## Second Annual UU Garage Sale Saturday, May 15<sup>th</sup>



Take a look around your house do you have junk in your trunk? Bring both to our annual UU garage sale.

On Saturday May 15<sup>th</sup> the UU church will hold a garage sale in the lot in north of the Congregational Church. Set-up will start on Friday the 14<sup>th</sup>. I am planning on doing guard duty that night, so feel free to bring your dusty treasures then.

If your house has recently been purged of all your second hand gold, we could still use tarps, saw horses, or card tables. Like all UU events and services, volunteers are needed and appreciated. Last year’s sale

continued on the next page...



**Earth Day Service**

## **Big Sky UU**

### **Board of Directors**

Magalie Belanger – President  
Jeff Palmer – Vice President  
Rebecca Hargis – Treasure  
Patrick Johnson – Secretary  
Jan Ellen Siemers – At Large Member  
Virginia Niccolucci – At Large Member

### **Committees**

Membership - Joyce Kronholm  
Religious Ed. Youth –  
Religious Ed. Adult – Lynda Saul  
Social Justice – Patrick Johnson  
& Peg Hunger  
Welcoming – Carolyn Laceky  
Worship - Bill Kronholm

**Music Director** – Virginia Niccolucci

### **Mailing Address**

Big Sky UU Fellowship  
PO Box 816  
Helena, MT 59624

### **Message Phone**

(406) 449-3096

### **Services**

Plymouth Congregational Church  
400 S. Oakes Dr.  
Helena, MT 59601

### **Newsletter**

Jan Ellen Siemers 459-1348  
[JEhelena@copper.net](mailto:JEhelena@copper.net)

### **Webmaster**

Blake Gardiner at  
[blake@helena-mont.us](mailto:blake@helena-mont.us)

More information at  
[www.bigskyuu.org](http://www.bigskyuu.org)

was fun and profitable. I think we can do even better this year.

All proceeds will go directly into our church's general fund, and will be used for our regular operating expenses. So take a second look around your garage, your shed, and your basement, if you don't use it Lose It.

For more information contact Jeff at home 422-5887 or at [beertender70@yahoo.com](mailto:beertender70@yahoo.com)

## **Circle Dinners of 8 - Sunday, May 23, 5pm**

Twice a year our Big Sky Fellowship arranges for small group gatherings for a potluck dinner. A number of hosts volunteer their homes and provide the main dish. Attendees are assigned to a home and bring a side dish. What a great way to get to know each other better, especially for newer folks who haven't been with us long.

We urge you to sign up today as Sunday, May 16 is the deadline. Dinner assignments will be made, and your dinner host will then contact you to ask you to bring a side dish or dessert and to give you the location of the host's home.

Please talk to Joyce Kronholm or Jeanne Powell for more information or to sign up. You can reach Joyce at 457-8246 or [w.kronholm@bresnan.net](mailto:w.kronholm@bresnan.net) and Jeanne at 465-0954 or [jbelliot99@gmail.com](mailto:jbelliot99@gmail.com).

You can also sign up at church on May 9th, and 16th.



Our past dinners have been hugely successful with lots of good UU conversation.

## **From President Magalie Belanger**

This morning I read a note that said: "This is your moment. Be here now". You hear this, or other credos similar to this, so often but really how? How do we do this? Distractions around us, numerous commitments, and a tendency to multi-task everything, all take away from my ability to be mindful, clear and accurate... In short, I find myself having difficulty being here now... One of our members recently talked about her prayer before mealtime to help center herself. I realized as I listened to her, that while I was listening to the discussion, I was also thinking of my own future mealtime; of our three children, of recent events in the life of a friend. For a moment I made a conscious effort to focus on the moment. Unfortunately it did not stay as my brain went back on its thoughts racetrack.



So, back to the question of how to be here now. Books, workshops, seminars all try to answer that question. Even our fellowship had at least one service on the subject so I don't expect I can answer it here in a few lines. Especially when I, myself get lost in the shuffle more often than I like. That said, I do believe everyone has a personal answer. For many UU's I believe it can be meditation, for others it might be prayer, jogging, knitting, or gardening. Perhaps the question is more how as individual do we find that centering moment in our life? If those moments of clarity can only be obtained while going to retreats its not very practical for most of us. But to simply take a few moments out our day in our own way, to quiet our mind, can make all the difference. In this way we really can be here now.

Have a good summer. We begin regular services for the fall on August 29<sup>th</sup>, 2010.